

S-S-S-TOP

ANGER IS LIKE AN ALARM CLOCK GOING OFF IN MY HEAD. I NEED TO LISTEN TO IT. S-S-S-TOP

Sensations in my body

Stimulus for my anger: What actually happened

Shoulding of others or myself.
(What are the should thoughts in my head?)

How much energy am I using to keep these thoughts going?
How much energy do I want to be using to keep these thoughts going?

0 %	100%
0%	100%

Translate to unmet need(s)

Open to feelings under my anger

Present Request(s)

The chart is linear but your experience of the process will probably not be as straight forward.